



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-26-12)

Visit us at www.fns.usda.gov/fdd

100330 - SALSA, LOW-SODIUM, CANNED, #10

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chili peppers, garlic, and fresh jalapenos properly ripened and wholesome. May also have: onion powder, garlic powder, tomato powder, sugar, corn syrup, chili puree, jalapeno puree, pepper, cilantro, red pepper, powder, cumin, oregano, coriander, vinegar, or citric acid added, xanthan gum, modified starch or natural flavors. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case.One #10 can AP yields about 106 oz (12½ cups) salsa and provides about 49.3 ¼-cup servings vegetable.CN Crediting: ¼ cup salsa provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened canned salsa in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened can of salsa covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Salsa, low sodium, canned

	¼ cup (62 g)	½ cup (125 g)
Calories	22	45
Protein	0.93 g	1.88 g
Carbohydrate	4.34 g	8.75 g
Dietary Fiber	0.9 g	1.8 g
Sugars	0 g	0 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.036 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.39 mg	2.80 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	167 mg	338 mg
Vitamin A	341 IU	688 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Salsa can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none">• Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas.• Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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